

Potatoes

Potatoes can be grown in many varieties. There are red, purple, brown, and sweet potatoes. And hundreds more varieties grown in South America.

The most common backyard grown potatoes grow from the eye sprouts of the crop from the year before. It's easy to slice the eyes off, and plant them for a new bumper crop. Brown potatoes are used in school age food color experiments this way.

Sweet potatoes grow from plant starts that vine all across a garden plot. Allow the vines to grow up a set of supports, if needed. They can be trimmed and kept neatly in a four foot square area.

Potatoes can be eaten whole, with or without skins, baked, fried, grilled, or in a stir fry. Some people even eat potatoes raw, though that doesn't sound good.

Some people with food sensitivities will have a sensitivity to potatoes, as well. While they may be able to enjoy the occasional potato as part of a meal, they can no longer eat only a potato, or even a favorite potato soup.